



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 14239, Alcoholic beverage, malt beer, hard lemonade**

**Report Date: July 04, 2017 14:52 EDT**

Nutrient values and weights are for edible portion.

Food Group : Beverages

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	11.2 fl oz 335g
<b>Proximates</b>					
Water	g	85.74	--	--	287.23
Energy	kcal	68	--	--	228
Energy	kJ	284	--	--	951
Protein	g	0.00	--	--	0.00
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	0.13	--	--	0.44
Carbohydrate, by difference	g	10.07	--	--	33.73
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	9.77	--	--	32.73
Sucrose	g	2.11	--	--	7.07
Glucose (dextrose)	g	3.55	--	--	11.89
Fructose	g	3.91	--	--	13.10
Lactose	g	0.00	--	--	0.00
Maltose	g	0.10	--	--	0.34
Galactose	g	0.00	--	--	0.00
Starch	g	0.00	--	--	0.00
<b>Minerals</b>					
Calcium, Ca	mg	4	--	--	13
Iron, Fe	mg	0.03	--	--	0.10
Magnesium, Mg	mg	4	--	--	13
Phosphorus, P	mg	7	--	--	23
Potassium, K	mg	27	--	--	90

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	11.2 fl oz 335g
Sodium, Na	mg	5	--	--	17
Zinc, Zn	mg	0.01	--	--	0.03
Copper, Cu	mg	0.008	--	--	0.027
Manganese, Mn	mg	0.006	--	--	0.020
Selenium, Se	μg	0.3	--	--	1.0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	2.8	--	--	9.4
Thiamin	mg	0.006	--	--	0.020
Riboflavin	mg	0.010	--	--	0.034
Niacin	mg	0.225	--	--	0.754
Pantothenic acid	mg	0.041	--	--	0.137
Vitamin B-6	mg	0.022	--	--	0.074
Folate, total	μg	4	--	--	13
Folic acid	μg	0	--	--	0
Folate, food	μg	4	--	--	13
Folate, DFE	μg	4	--	--	13
Choline, total	mg	4.4	--	--	14.7
Vitamin B-12	μg	0.01	--	--	0.03
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	0	--	--	0
Retinol	μg	0	--	--	0
Carotene, beta	μg	0	--	--	0
Carotene, alpha	μg	0	--	--	0
Cryptoxanthin, beta	μg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	μg	0	--	--	0
Lutein + zeaxanthin	μg	1	--	--	3
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.07
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	μg	0.0	--	--	0.0
<b>Lipids</b>					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	11.2 fl oz 335g
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	4.0	--	--	13.4
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0